

Research Assessment #5

Date: October 8, 2021

Subject: Independent Study and Mentorship Business Symposium

Assessment:

For the Independent Study and Mentorship course requirements, I was able to attend the Business Symposium. While attending this event, I was granted the opportunity to learn from a variety of professionals in different career paths. These professionals gave the Independent Study and Mentorship students advice such as characteristics employers look for, interview tips, resume suggestions, etc.

For the first portion of the event, a guest speaker (Brad Bellard), spoke about his story and the steps he took to become successful. Brad Bellard currently is employed at Texas Sports Medicine and Orthopedic Group. In his speech, he informed the audience of three crucial aspects an individual must take to turn dreams into reality: clarity of your vision is far more important than the calculation (there will be setbacks, pause and do not stop completely), relationships are necessary for results (be kind and connect with others), and never negotiate your visions (be unreasonable and push the status quo). Personally, I found his message to be quite impactful as I sometimes tend to become unmotivated if I perceive my dream as being unrealistic.

Secondly, I enjoyed being able to converse with Independent Study and Mentorship program alumni. At the Business Symposium, three past students offered insight on how their studies have transferred into their professional careers. In addition, they gave us advice on how to struggle less in the course as the requirements are rigorous. Some of the information they provided us was how important maintaining the relationship with your mentor is (this is because their connections are extremely broad and the mentor may be able to provide contacts for you in the future). In addition, the alumni mentioned how comparing your progression with others will negatively affect your studies. In the Independent Study

and Mentorship Program, students work at completely different paces so it is crucial not to compare yourself to others.

Thirdly, I enjoyed being able to meet other students from different schools in the networking station. Although it was uncomfortable talking to individuals I did not know prior to the event, I found myself becoming more comfortable with communicating with them. Primarily, we discussed what topic of study we each chose and about the progress made with the interviews. In addition, I was given a few resumes (for recreational purposes) which helped me gauge what mine should look like. Conclusively, it was refreshing to meet new students that are in the same situation as you and share similar struggles.

Lastly, I want to discuss the favorite station/individual I was able to meet during the Business Symposium (which was the mental health educator). I was very surprised to see an instructor discussing mental health and how we can enable stress-relieving techniques into our lives and course load. I found the discussion interactive as the speaker provided the audience with toys and had us draw pictures/label aspects of our lives that we would like to focus on better. I felt as if this station was impactful considering we are high school students and experience a variety of mental health issues that are often not treated properly. Personally, I struggle with stress/anxiety/depression so it was refreshing to know that it is being taken seriously in the Frisco Independent School District.